

# The PROTEIN TYPE

★ DRAWN TO EXPLOSIVE SPORTS  
▷ FOOTBALL WRESTLERS ETC.

★ TYPICALLY NOT MARATHON RUNNERS  
★ TYPICALLY MESOMORPHIC "ATHLETIC BUILD"

VEGETABLES ARE VEHICLES FOR BUTTER

HIGH IN FATS  
MEATS & ORGAN MEATS

**EAT**

MEALS SHOULD ALWAYS INCLUDE AN EYE PROTEIN SNACKS TOO.

ADD PROTEIN



AN APPLE JUST ISN'T GOING TO CUT IT

ONLY RAW DAIRY

PASTEURIZED IS NOT GOOD QUALITY

PROBABLY O BLOOD TYPE

FERMENTED SOY IS OK, BUT

AVOID SOY, IT REDUCES THE ABSORPTION OF CALCIUM

AVOID SUGAR

HAVE AN APPELITE FOR SALT

PROTEIN TYPES LIVE TO EAT!!

WHEN THEY EAT BREAKFAST

THEY THINK ABOUT LUNCH

I'M HUNGRY CAREFUL NOT TO OVER EAT



HAD EYES



HIGH QUALITY WHEATS GRAINS

ALCOHOL IS LIKE THROWING GASOLINE ON A METABOLIC FIRE

**AVOID**

STARCHES

HIGH INSULIN RESPONSE FROM POTATOES

most are gluten INTOLERANT

NONE IS BEST